CCHN Network Policy and Procedure	**DRAFT**
Subject: BMI Measurement (Body Mass Index) **Identification of Overweight and Obese patients**	Attachments: Age 2-20 Boys BMI Chart Age 2-20 Girls BMI Chart Adult BMI Table

POLICY:

Obesity is a growing health problem and there is convincing evidence that supports the benefit of weight loss for reducing blood pressure, lowering blood glucose and improving dyslipidemia. The first step in addressing the problem is to identify those patients who are at risk of being overweight and those that are obese.

BMI (Body Mass Index) will be measured at each visit and documented on the progress note along with the vital signs.

PURPOSE: To identify those patients who are overweight or obese.

To assist the patient in taking steps to control his/her weight.

PROCEDURE:

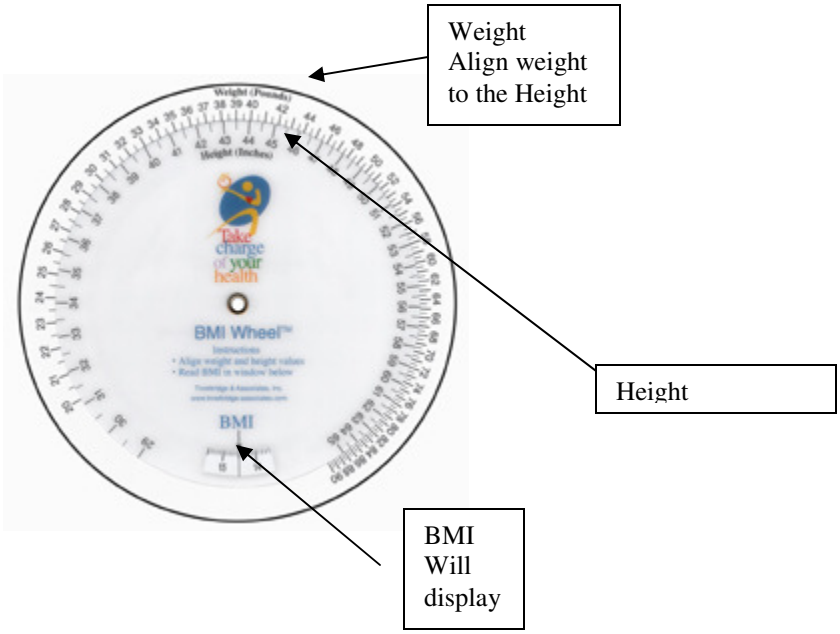
PEDIATRICS

In children and teens, body mass index is used to assess underweight, overweight, and risk for overweight. Children's body fatness changes over the years as they grow. Also, girls and boys differ in their body fatness as they mature. This is why BMI for children, also referred to a BMI-for-age, is gender and age specific. BMI for age is plotted on a gender specific growth chart. These charts are used for children ages 2-20 years of age. (Copies attached)

Each of the CDC BMI-for-age gender specific charts contains a series of curved lines indicating specific percentiles. The following percentiles for identifying underweight and overweight in children are as follows:

Underweight	BMI-for-age < 5^{th} percentile
Normal	BMI-for-age 5^{th} percentile to <85^{th} percentile
At risk of overweight	BMI-for-age 85^{th} percentile to <95^{th} percentile
Overweight	BMI-for-age >95^{th} percentile

1. **The Medical Assistant** will check the child's weight and document on the progress note in the designated area.
2. The child's height is measured according to procedure and documented on the progress note in the designated area. For children 0 – 24 months measure the length of the child.
3. Plot the results on the age specific growth chart.
4. The BMI wheel is used to calculate the BMI for all children ages 2 and over. Align the height with the weight. The BMI will be shown at the bottom of the wheel.



5. Using the appropriate (Girls or Boys) CDC Body Mass Index –for –age percentile plot the BMI to get the percentile. (copy attached)
6. Document the BMI and Percentile on the progress note by the weight.
7. For those children identified as at risk for overweight or obese, **the provider** will discuss the risks and give the patient/parent advice and the one page lifestyle change sheet (***Take Action for a Healthy Weight***). It is recommended that eating and activity changes should be recommended any time a child's BMI reaches the 85th percentile. (Source Nader et al, *Pediatrics, September 2006)*
8. **The provider** will add to the encounter the obesity code 278.00 or morbid obesity code 278.01 if indicated.
9. Referrals to weight management resources are done as appropriate.

ADULTS

Classification for BMI for adults:

Underweight	<18.5
Normal weight	18.5-24.9
Overweight	25-29.9

Obesity (Class 1)	30-34.9
Obesity (Class 2)	35-39.9
Extreme obesity (Class 3)	>40

Source: National Institutes of Health: *The Practical Guide identification, Evaluation, and Treatment of Overweight and Obesity in Adults*

1. **The medical assistant** will check the weight and document on the progress note. The height is measured at least once a year and documented on the Problem List.
2. **BMI to be calculated by any of the following three methods**:

*Align the height with the weight on the BMI wheel. The BMI will be shown at the bottom of the wheel.

*A BMI chart to get the BMI. Take the patient's height, scroll over to their weight. The BMI is the number listed in the weight column. (65 inches height, weight 132, BMI = 22) (Copy Attached)

*Calculate manually: Weight in (pounds) x 703 divided by height squared

For example, for a person who is 5 feet 5 inches tall weighing 180 pounds:

1. Multiply weight by 703 (180 X 703=126540)
2. Multiply height (in inches) by height (65 X 65= 4225)
3. Divide the answer in step 1 by the answer in step 2 to get the BMI is (126,540/4225= 29.9)

Or

Weight divided by height divided by height X 703

3. Document the BMI on the progress note in the BMI section or beside the weight on the vital sign section.
4. The provider will discuss the risks and give the patient advice and the one page lifestyle change sheet (To be developed)
5. The provider will add to the encounter the obesity code 278.00 or morbid obesity code 278.01 if indicated.
6. Referrals to weight management resources are done as appropriate and dependent on available resources.